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(DEVOTED TO ECONOMIC, SOCIAL & WELFARE PROBLEMS)

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It's easy enough to be pleasant
When life flows along like a song,
But the man worth while
Is the man who can smile,
When everything goes dead wrong.

To Our Subscribers—*Our subscribers are reminded to remit their subscriptions to the Hon Managing Editor, Wealth & Welfare, Madras-Thyagarayanagar.*—Editor, W. & W.

EDITORIAL

Modernism and India

Realism tries to overpower Idealism in the Scientific era.

Observation and experiment are prized more and more.

Emotion, imagination and intuition (or the illative sense as Newman called it) recede into the background.

The era of industrial revolution, scientific inventions, technological progress and mechanised industry and secularism is now in full swing.

Machine is victorious over man.

Even the human life as lived from day to day is getting more and more mechanised and de-humanised.

When the first world war was fought, there were optimistic prophets who said that it would release the forces of idealism and result in a new upsurge.

The war came and passed away but there was no conspicuous new achievement.

A generation later a second world war came and the condition is still where it was and has not emerged from stagnation.

The disillusionment of peace has been even greater than the illusionment of war.

Let us be frank about this matter and not try to hide it in a brocade of fine words.

This is an age of selfishness and secularism and sophistication. This is an age of gadgets and of the frantic pursuit of comforts.

The only thing of which the modern man is afraid is discomfort.

He abhors suffering and he will do anything to be out of it.

Even love is fast becoming a matter of cold calculation, an affair of cheques, motor cars, and other conveniences of life.

Thus egotism has become the supreme principle of life.

Hugh Fausset says well :—

"The Infinite in man's heart cannot be denied. If it is not polarised in the reciprocity of love, the creative counterpoint of one person with another, the art of neighbourliness, it will sweep through mankind with as blind a destructiveness as an unharnessed electric. Denied expression in a true interplay of human life, it will gather force as a repressed longing for death which will explode".

Further, man has risen from tribalism to nationalism but has not been able to harmonise nationalism and internationalism.

The emotion of patriotism is next to the emotion of devotion to God the highest exaltation and sublimation of life.

It can be felt better than analysed because it is an inherent and innate and intuitive feeling.

We can never express it in full any more than we can exhaust the content of goodness or analyse the essence of beauty or express the nature of God.

The country and all its inhabitants, past, present and future, form a vast and integrated personality.

Culture and civilisation prospered when while this mood was dominant and fell when it fell.

National continuity must be the dearest dream and the most strenuous activity of life. It must lead to crescent achievement in all the arts of peace and war.

It must lead to a crescent refinement in life and manners.

It must lead to a deeper love of humanity as a whole and of the eternal verities of life.

The task of the future for all humanity will be to harmonise nationalism, internationalism and Divinism.

There is no basic incompatibility between love of oneself, love of one family, love of the community, love of the nation, love of humanity and love of God.

It is our selfishness and pettiness that make them centres of mutual antagonism and discord.

There can be no Brotherhood of man without the Fatherhood of God.

It is also necessary for us in the future not to be too much dominated by the past or the present, though we should not neglect the past or the present or throw away salutary ways of life evolved in the past or the present.

In ancient times slavery was felt to be necessary because it enabled the slave-owner to use his slaves' labour for his benefit. But humanity evolved out of slavery not only because of ethical reasons and not only because slavery, though it saved the masters' labour, spoiled him by idleness much more than it spoiled the slave by compulsory labour but also because it degraded his finer nature.

Further in the modern age, the machine will be our slave as well as our friend and saves human labour without degrading human personality, provided there is not an excessive use or a misuse of machines.

Man has to live out the Past in the Present for the Future.

He cannot forsake his heritage; he cannot neglect his environment; and he cannot forget his future.

Mahatma Gandhi says:

"Life can only be understood backwards but it must be lived forwards".

No doubt Time has one continuous flow. But, we must divide it into Past, Present and Future to realise and fulfil our duties in life and to have a steady outlook in life.

The Indian is never in a hurry nor is he a laggard.

His motto is Festina Lente—Hasten slowly.

Pandit Nehru says:—

"India moves forward with confidence rooted in herself and yet eager to learn from others".

Mahatma Gandhi says:—

"I want culture of lands to be blown about my house as freely as possible. But I refuse to be blown off my feet".

HEALTH

HEALTH AND DIET

By Sri Swami Sivananda

(*Health and Long Life*)

CONSTITUENTS OF FOOD

Nuts for Health

Nuts have a very high nutritive value, but it is not very easy to digest them. They form a valuable meat substitute in the diet of vegetarians. Nuts of all kinds are rich in proteins. More of them are also very rich in fats. Their proteins are fairly good and better than those of the cereal grains or dhall. They are like soya beans. As they are very rich food, they cannot be taken in large quantities. Nuts contain only a little carbonate. They are rich in vitamin B but have a poor supply of vitamin A. They have no vitamin C. Nuts can replace butter as they are extremely rich in fat. An ounce of nuts contains more protein than an ounce of egg and six times as much fat.

Most nuts are useful both for fuel and body building. They contain 4.37 per cent of carbohydrates, about 50.64 per cent of fat (except the chestnut which only has 2 per cent) and 3.28 per cent of second class protein. They also supply mineral elements including iron. Almonds is the king of all nuts. It is the richest known source for calcium. Walnut (Akhrot) Pistachinonut (pesta), cashew nut (Kaju) are highly nutritious. Neozapine nut (chilgozah) contains starch, oil, protein and minerals. It is a nutritive tonic.

Cocoanut is a staple food for the Malabaris. Cocoanut oil has nutritive value like cod-liver oil. Cocoanut water from tender cocoanuts is a refreshing drink. It is rich in vitamins. It contains some mineral salts and a little sugar.

Groundnut is also known by the names peanut or monkeynut. The protein has twice the value of the proteins of wheat. It contains a large quantity of oil. It is useful for consumptives.

Nuts are rich in phosphorus. Brazil nut tops the list in this respect. Almonds, Walnuts and Barcelona nuts come next. They contain iron also. Nuts except chestnut are very useful for diabetic patients.

Honey and Health

Honey is a food and a tonic. It is very easily digestible. It is assimilated very easily. It is a most nutritious natural food. It strengthens a weak heart, a weak brain and a weak stomach. It is ready for absorption into the blood without change. It goes into the blood stream directly. It is not in need of any digestion. The sugars of honey are levulose and glucose.

Proteins, iron and some other important nutritive substances are found in honey. Honey contains all the mineral elements found in the human body. It contains 80 per cent of nutriment in the most assimilated form. It contains enzymes and formic acid. The enzymes act upon the undigestible food in the stomach and the small intestines and reduces it to assimilable state.

Honey is a useful laxative for children. It is an expectorant. Hence it is useful in cough. Honey is full of energy. It gives immense strength. It aguments the capacity to work with brain and hand.

Honey is a heart stimulant. It is useful in cases of malnutrition. Honey kills germs and thus enables the body to overcome diseases. Honey is a substitute for orange juice and cod-liver oil. It is useful in bronchial catarrh, sore throat, coughs and colds. Diabetic patients can take honey with much advantage. It is a good remedy for hoarse voice. It makes the voice sweet and melodious. It is given to produce heat and strength in the body of the child.

Honey can be taken with milk. A tablespoonful of honey in a cupful of hot water gives much relief to the asthmatic patients. It is refreshing and strengthening too. Honey is a diffusible stimulant. It is a restorative after serious illness. It invigorates, energises and vitalises the system. It improves health. It is useful in high blood pressure. It brings about a normal blood pressure.

Soya Bean

Soya bean is of high food value as it is quite high in many of its constituents. It is a rich source of proteins which are of fairly good quality. It is a rich source of vitamin A. It is a poor man's meat or milk. It is rich in fats and vitamin B. Virtues of egg and Cod-liver oil are both obtained from soya bean. It is an ideal food for the diabetic. It is a favourite food amongst the Chinese and the japanese peoples. Recent scientific researches speak very highly of soys beans.

Starch is practically absent in soya bean. It is also rich in mineral matter especially in soluble phosphates and potash. The ash of soya bean contains 6·12 per cent of calcium and 28·66 per cent of phosphoric acid.

One ounce of soya bean contains 9·6 grains of protein, 4·9 grains of fat and 9·5 grains of carbohydrates. It also contains three vitamins A, B and D. It is a cheap and valuable substitute for meat, milk, egg and cod-liver oil. The protein of the soya bean is very similar to that of cow's milk and animal muscles.

The soya bean contains lecithen more than any other plant. The lecithen of the soya bean is identical with that of egg. It is the best pulse so far known. You can make Dosai or bread out of soya bean flour. Sprouted grains can make very good vegetables.

The Chinese get their milk from the soya bean. They soak the beans over night in water and press out the juice in the morning. This tastes as cow's milk. It is used for making tea, curds, buttermilk, cheese, etc.

It is very necessary that such a useful article of food should be produced on a very large scale in India and supplied very cheap to the people.

Articles of Food

I

1. Apples contain Vitamin A, B and C, copper, potash, iron, phosphorus and malic acid. They serve the purpose of food.

2. Banana is rich in protein, carbohydrate and vitamin B. Hence it serves almost as a food.

3. Buttermilk contains some calcium, phosphorous, iron and vitamin B 2.

4. Barley is rich in mineral matters.

5. Cornflour contains a high percentage of starch, It is prepared from maize.

6. Cereals constitute the most important of our vegetable foods. They are particularly rich in starch. They have very little fat. They contain protein.

7. Cheese is rich in vitamin A. It contains proteins, fat, carbohydrate, calcium, phosphorus and iron.

8. Cabbage contains vitamin A, B, C, sulphur calcium, phosphorus, iron, sodium and potassium. It is rich in vitamin C.

9. Carrot is very rich in vitamin A and C lime, phosphorus, iron and potash.

10. Cocoanut contains protein, fat, carbohydrate, some vitamin A. No vitamin C. It is moderately rich in vitamin B. It contains calcium, phosphorus and iron.

11. Figs contain vitamin B. potash, sodium, lime, phosphorus and magnesium.

12. Fruits and vegetables are very valuable foodstuffs. The are protective foods.

13. Fruits and vegetables are very good sources of vitamins and minerals.

14. Groundnut contains protein of high quality. It contains good quantity of lecithen. It is equal to egg-yolk in this respect.

15. Grapes contain citric and tartaric acids.

16. Grapes, tomatoes, the leaves of green vegetables such as lettuce, cabbage, spinach are valuable sources of iron.

17. If you eat green leafy vegetables you can maintain perfect health even without milk.

18. Lettuce contains iron, phosphorus, lime, potash and vitamin A, B and C.

19. Lemon contains plenty of vitamin C. It contains lime, phosphorus, potash, magnesium.

20. Molasses (gud) are rich in iron and carbohydrates.

21. Milk is the richest source of calcium. Cheese is next.

22. Milk and butter contain vitamin D.

23. Nuts have very nutritive value, though they are not very easy to digest. They form a valuable meat substitute in the diet of vegetarians.

24. Nuts are rich in protein and fat. They are rich in vitamin B.

25. Oranges contain plenty of vitamin C. They contain protein, fat, calcium, phosphorus and iron.

26. Potato is not rich in protein. It is a good source of vitamin C. It contains vitamin A, B1 and B2.

27. Pistaches nuts (pista) contains proteins, fat, carbohydrates, calcium, phosphorus and iron.

28. Peanuts contain protein, fat, carbohydrates, calcium, phosphorus, iron, vitamin A and B.

29. Pulses are the cheapest sources of protein. They can replace meat in the diet. They are most nutritious of all the vegetables.

30. Polished rice is very rich in starch, but poor in fat and mineral.

31. Roots and tubers contain no protein or fat.

32. Red palm oil alone contains vitamin. Vegetable oils do not contain vitamins.

33. Root vegetables like potato are a good source of carbohydrates.

34. Spinach contains large amount of vitamins, and calcium. It is rich in iron.

35. Skimmed milk contains calcium, phosphorus and iron.

36. Sweet potatoes are rich is vitamin A. They contain vitamin B and C also.

37. Turnip contains iron, soda, potash, magnesium.

38. Tomato contains little protein and fat. It contains calcium, phosphorus, iron, vitamins, A, B and C.

39. Walnuts contain calcium, phosphorus iron, fat, protein, carbohydrates, vitamins A, B.

40. Mango is a very potent source of vitamin A and C.

II

1. Apple is useful in stones in the kidneys or bladder.

2. Dates contain more iron than meat.

3. Flesh foods and cereals tend to form acid in the body. Vegetables and fruits with certain exceptions tend to form alkali.

4. Eat curry of plantain stem. This will dissolve stones in the kidneys and the bladder.

5. Pears is beneficial in stones in the bladder or kidneys. The stone will be dissolved.

Protective Foods

There are foods which supply both Vitamins and mineral matter and so protect the body from certain diseases. Human beings and particularly children cannot maintain good health if their diet consists largely of cereals such as rice etc.

They should take fair quantities of foods like milk, green vegetables, fruits etc., to make good the deficiencies. Milk, butter, cream, cheese, green vegetables, fruits, etc., are known as the protective foods, because they are rich in proteins, vitamins and mineral salts and protect the body against the diseases which result when the diet is largely based on less nutritious foods such as milled rice. Many foods which provide the vitamins also supply the essential mineral matter. Any diet which contains a fair proportion of protective foods will keep the body healthy and prevent ailments.

Infants and growing children, expectant and nursing mothers are likely to suffer if their diet is defective. They are in dire need of protective foods. A diet which contains daily for each man 1 pint of milk, one orange or tamato, 1 ounce of butter, some green or leafy vegetable will provide sufficient protective foods.

People throw away the water in which the vegetables are cooked. This is a serious mistake. The minerals are lost. Great care should be taken in cooking vegetables. Only enough water should be used for cooking vegetables. The liquid in which the vegetables are cooked must be drunk. Some vegetables such as radish, etc. should be taken raw.

Cereals

The cereal grains such as wheat, rye, barley, maize cholam, camby, ragi, jawar, bajra, rice, oats, barley, are the seeds of grains. They constitute the most important of our vegetable foods. It is upon cereal grains the staple articles of our diet that we depend mostly for Vitamin B.

Cereals are all rich in carbohydrates. Hence their calorie or energy value is quite high. They contain a very small quantity of fat and protein.

Cereals are the back-bone of nutrition. They are energy-producing food-stuffs. They form man's chief means of subsistence. They are the staple food of all races. Cereals are deficient in Vitamins A, C and D. They are not complete foods. They should be supplemented by protein, fat, vitamins and minerals.

The Vitamin B is located in the outer layers of the rice grain. When rice is milled and polished these outer layers are removed and with them most of its vitamin B. Eating milled polished rice produces beri-beri. Therefore home-pounded and unpolished rice should be taken. Rice is a poor source of vitamins and of mineral salts particularly calcium. The nutritive deficiency of rice can be made up by the addition of milk, butter, curd, pulses and green vegetables.

Wheat has the largest protein content of all cereals, while rice has the lowest. It has a little more of calcium and is richer in vitamin B than rice. Wheat-flour contains proteins which when mixed with water form gluten, an elastic protein. Rye also contains gluten. Barley is rich in mineral matter. Barley is a Satvic food. Barley flour is used as invalid and baby food. Oat meal is higly nutritious.

The term millet includes several species of allied cereal grains. Ragi, jawar and bajra are the various millets. Millet is a rich source of vitamin B. In nutritive value millet ranks next to wheat. Its protein content is low but the essential amino acid is high.

Pulses

Chief among the varieties of pulses commonly used in India are grams, peas, beans, lentils. These are the seeds of a group of plants known as legumin, which are endowed with the attribute of utilising the nitrogen of the atmosphere and thus building their protein content.

Dhals belong to the same order of plants as peas and beans and have in general the same qualities. Dhals are more digestible. There are seven kinds of dhal *viz.*, Arhar, Massur, Mung, Urid, Gram, Mattar, and Kalai. They contain a large quantity of protein. Their proteins are better than those of the cereal grains but they are not so good as those of milk.

Haricot beans, dried peas and lentils are all cheap sources of second class plant protein. Pulses are the poor man's meat. It is necessary that some pulses should be taken by people when diet is largely made up of milled rice, particularly by growing children. Pulses contain more of certain vitamins.

Legumins are rich in carbohydrates but poor in the amount of fat. The proteins lack certain essential amino acid. Hence the protein of peas, beans and lentils is incomplete.

The soya bean is one of the legumins which contains good proteins. One lb of soya beans has the same protein value as 2½ lb of meat or 30 eggs.

The pulses are particularly rich in potassium and calcium salts.

The pulses will not soften if cooked in hard water as the legumin, the protein present in pulses forms an insoluble compound with calcium salts. They must be soaked in cold water to which a little bicarbonate of soda has been added before they are cooked by boiling.

Germinated legumins are rich sources of vitamin C if you eat the pulses after they have been allowed to

sprout the value of the pulses is increased. Vitamin C is formed in the grain and the green shoots. Soak the pulses in water for 24 hours and then spread them out on a damp earth and cover them with a moist cloth. Sprinkle water on the pulses from time to time.

A Well-Balanced Diet

Diets which are not in agreement with the principles of satisfactory nutrition lead to impaired physical development, ill-health and ultimately death. A high standard of health, vigour and vitality can be achieved through a well-balanced diet. A well-balanced diet will enable you to develop inherited capacities to the fullest extent. A well-balanced and adequate diet must be sufficient in quantity. If must yield enough calories. It must supply the various constituents of food in adequate quantity.

You need not spend more money to get a well-balanced diet. You must know to prepare a well-balanced diet. A simple, wholesome food which is well-balanced is far better than a diet of rich foods which is not well-balanced. If you have a knowledge of the chemical composition and the food-value of the various articles of diet and their caloric contents, you can very easily make a well-balanced diet for you.

A well-balanced diet for a man is one in which the amount of proteins is 90 to 1000 grammes, the amount of carbohydrates 360 to 450 grammes. The mineral-salts and vitamins are present in abundance. There should be enough cellulose for the free movement of the bowels.

The amount of food-stuffs which contain protein should not be more than one-fourth by weight of the amount of vegetables and fruits.

The different components, proteins, fats and carbohydrates should be of the right kinds also. This is very important. It is of a bad quality, it will not keep you healthy, no matter how much of each is taken—

Calorie Value of food

The food-stuff that you eat differ in their power to produce energy. Their energy value varies. It can be measured in calories, or heat units. The term "Caloric" means the amount of heat that is required to raise 1 lb water to 4° F or 1 kilogramme (2.2 lbs) of water to 1 degree centigrade.

Calorimeter is an apparatus which measures the energy released in the body by the essential food constituents such as carbohydrates, fats and proteins. You can find out the caloric content of a particular food-stuff by burning a certain quantity of it in the calori-meter. The heat produced is measured by the rise of temperature in water surrounding the chamber in which the food is being burnt. Barley contains 1615 calories per lb, bread 1215, butter, 3510, cream 1912, cheese 1950, dried fruits (raisins, currants) 1480, fruit 180, milk 1693, nuts in sheels 3040, peas 1464, potatoes 310, sugar 1790.

An expert commission of the League of Nations (Report on the physiological basis of Nutrition 1936) has drawn up the following statement about energy requirements :—

(a) An adult, male or famale, living an ordinary life in a temperate climate and not engaged in manual work is taken as the basis on which the needs of other age-groups are reckoned. An allowance of 2,400 calories net (the term "net calories" refers to the amount of energy available from the calories actually assimilated.) per day is considered adequate to meet the requirements of such an individual.

(b) The following supplements for muscular activity should be added to the basic requirements in (a) —

Light work : up to 75 calories per hour of work.

Moderate work : up to 75—150 calories per hour of work.

Hard work : up to 150—300 calories per hour of work.

Very hard work : up to 300 calories and upwards per hour of work.

Energy requirements of the body depend on activity, age, size, body weight, environment, habits, nature of the work man does, and sex. If you are active, the muscles are in need of much food. More work means more calories.

The calorie requirements of our people of different age and sex groups have been estimated by W. R. Aykroyaed as follows :—

Adult male (over 14)	2,600 calories
Adult female (over 14)	2,080 ,,
Child (12 and 13 years)	2,080 ,,
Child (10 and 11 years)	1,820 ,,
Child (8 and 9 years)	1,560 ,,
Child (6 and 7 years)	1,300 ,,
Child (4 and 5 years)	1,040 ,,
Child (2 and 3 years)	780 ,,
Child (To 2 years)	520 ,,

The body of an average man requires about 3½ oz. of protein. 13.⅓ oz. of carbohydrates, and 3.⅓ oz. of fat daily, together with water, mineral salts and vitamins. The food is oxidised in the body to yield energy. One gramme of carbohydrate yields 4.1 calories, one gramme of protein 4.1 calories, and one gramme of fat 9.3 calories. Water and mineral salts have no full value.

(To be Continued)

MISCELLANEOUS

WHAT WORLD BROTHERHOOD MEANS TO ME

R. S. Sankariar

(District and Sessions Judge, Madras Civil Service, Retired)

To
" World Brotherhood "
19, New York City,
U. S. A.

When I sent this thought-message to selected types of world citizens for their replies, I got these messages. I told them that I am a Brahmin of South India, a devout believer in the truth of the saying " God helps those that help themselves ". I mean that I am not a leaner, but I seek always guidance in what I do of the eternal God in me.

1. The reply from Shylock the Jew :-You are an uncircumcised infidel. You insult me by calling me a brother. You are a pretender. If you are honest in calling me your brother, then please hand over half your property to me. Brothers share their property equally. But as I do not consider you my brother, I shall not give you a cent of my property.

2. The next came from Governor Fabous :—I infer that you are a coloured person being an Asiatic. I do not mind taking a share of your wealth. But I cannot allow you to enter my dining room, nor allow, you or your womenfolk, to enter the drapery stores in my state. If you wish to put your children to school in my state, they will not be admitted into the schools for our white

children. Money has no colour. So I shall be delighted to have dealings with you and your people *on my terms.*

3. The next came from Cape Town :—You may be a specimen of the GENUS HOMO. Science has created ROBOT man. You are only a similar specimen, but created by nature. If you are fool enough to come here citing scripture, to call yourself a brother, you will not be allowed to set foot on our streets. If you are thinking of lodging in our hotels, you will be barred and may even be put to prison. You will not be allowed to buy property in our area. You will not be allowed to board our buses or trains to travel with us. Keep your brotherhood to yourself.

4. The next was from Switzerland :—If I am to be your brother then I must be a citizen of your country. But you have given citizenship to your women. If I accept the brotherhood, my first act will be to amend your constitution by disenfranchising the female sex. You see we are Christians. We believe in the Holy Trinity —the Father, Son and and the Holy Ghost. There is no room for a woman. Remember that the Jews—among whom Jesus appeared—allow only men to enter the Synagogues. Women are allowed to witness from a separate enclosed room, which must have no access to the Synagogue.

Apart from our holy faith, you Brahmins not only accept women as Goddesses, but also give priority to the Goddess. Your male Gods are named only in a compound name of both the Goddess and God, with the name of the Goddess coming first! Not content with thus worshipping the female divinity, you make energy a Goddess, learning, a Goddess, wealth a Goddess, courage a Goddess, strength a Goddess, agriculture a Goddess, in fact every estimable possession, or attribute of man, a Goddess! Unless you give up this worship of Goddesses, you should not call me a brother.

I felt that this needed an explanation and gave it:— We have a faith in tune with nature, as created by the DIVINE. The male does not by itself create a descendent. But the female principle alone can implement the command "Increase and multiply". The Greeks seem to have agreed with our view? In your Trinity, how did the Son appear, without a mother? You recognise the mother Mary. Why ignore her? Your "immaculate, conception" may perhaps be quoted by women—wives or not—who get babies by artificial insemination. We are proud to worship the DIVINITY of WOMEN.

What do these brothers mean to me?—One will rob me, another will refuse to allow me to sit at his table, or my children to associate with his, and yet another forbid me even to walk on a public place, while a fourth will disenfranchise our women and pile gross insult on our religion. So long as race vanity and religious prejudice over-power and annihilate even the Elementary moral rule of "Live, and let live," I will be inviting disaster if I am rash enough to believe in the possibility—under existing circumstances—of the honest and actual realisation of the highly commendable moral attitude of human brotherhood. Let us have *human tolerance to start with.* JESUS said "Love thy neighbour as thyself" and "he that loveth his neighbour, has fulfilled the Law". But Alas! it is those people that profess to follow him, that are really the sinners against the moral principle of brotherhood. They cite scripture to delude others. They use moral principle as weapons to enslave the unwary, while they themselves worship not God, but MAMMON. I am convinced that "World Brotherhood" propaganda now is a *diabolical fraud and trap,* and it means to me that, and nothing else now.

LANGUAGE MATTER IS SIMPLE

By R. S. Sankariar

There are three distinct spheres. The first and most important is the language of the Supreme Court and the High Courts. Article 348 (1) (a): "Notwithstanding anything in the foregoing provisions, of this part, until parliament by law, otherwise provides all proceedings in the Supreme Court and in every High Cout shall be in English language".

Thus there is no time limit. Considering the traditions and the importance of precedents in commercial and private international law available mainly from British and American law and decisions, one does not expect, the parliament to amend this provision so as to substitute any other language in the place of English.

The second sphere is the Union Parliament and laws. By the proviso to Article 313 (2) the President is authorised to order "the use of the Hindi language in addition to the English language" during the fifteen years during which the "English language shall continue to be used for all purposes of the Union for which it was being used immediately before such commencement."

What has now to be done to familiarise Hindi is to make a similar order now. The laws and orders having the force of law will be both in English and Hindi. English version will be authoritative version, as that is the language of the Supreme Court and of every High Court. This follows the direction in Article 348 (3).

The third sphere is the State sphere—Already under Article 348 (3) there is liberty to use any other language with the condition that a translation of the same in the English language published under the authority of the Governor of the State, in the official Gazette of the State shall be deemed to be the authoritative text thereof in the English language. This direction must be continued. There need be no excitement.

Till the middle of the nineteenth century French was the international language of diplomacy. In this century English is the language of international diplomacy. Even the Soviet Union has made the teaching of English compulsory. The reason being that science and mechanics can be studied best only in the language in which, the world famous scientists and industrialists —American and British—publish their books containing the latest discoveries and achievements. So it will be like plucking out our eyes, if we shut out English. On the contrary we must make English compulsory. No one should be appointed in the technical and higher administrative services, unless he has graduated in English.

At the same time Hindi may be made the second language of the centre. As the script is Devanagiri this will serve to spread the knowledge of Samskrit. There are many scientific works in Samskrit which now are not even known. We may expect a more intensive study of all the ancient works. As Hindi spreads, Samskrit too may become the spoken language of culture in India. We may welcome Hindi subject in the preservation of English as the language of the law and the Courts.

TO GIVE THE NAMES OF SOLAR MONTHS, AND NOT OF THE LUNAR MONTHS, IN ORDER TO BE CORRECT

By R. S. Sankariar

Agrahayana means the first of the year. It is in the month commencing from the winter Solastice, 21st December. AIR announcer calls the Solar month from 21st November as Agrahayana. This is in fact the last

and not the first month. It is a name peculiar to the Lunar year. He uses the name of the Lunar month for the Solar month That creates confusion. The Solar year beginning from the Vernal Equinox is of 12 months; each covering the imaginary transit of the sun along 30 degrees of the ecliptic and called the zodiac. The Western names are:—Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Saggitarius, Capricornus Aquarius and Pisces. Our Solar year too begins with the Vernal Equinox. The names are:—Mesha, Vrishbha, Mithuna, Kataka, Simha, Kanni, Tula, Vrischika, Dhanus, Makara, Kumbha, and Meena The meanings are the same, except as to Capricon (Goat) and Makara (Crocodile).

The correct announcement will be to give the names of the Solar months as above and as commencing on the 21st of the month of the Gregorian calender, with the month of Mesha as commencing on 21st March.

At present the announcer does adopt the date 21st of the Gregorian month for the Indian Solar month, but errs by giving the names peculiar only to the Lunar month, and not the Indian names of Solar month as must be done. The Lunar calendar needs periodic addition of thirteenth month as there are five days and a few hours extra each year, while twelve Lunar cycles cover only 360 days out of the 365 days.

The Lunar months are named after the stars against which the full-moon occurs. Each cycle of the moon round the earth is a Lunar month. The moon travels every day across each of the 27 stars, or star groups. So the full moon occurring every 30 days appear against different stars. But every 19 years, the moon appears before the same stars. So the Lunar months are given the names of these stars.

Thus there is no relation between the names of the Lunar months and the Solar months except that of incongruity.

I respectfully suggest that the names MESHA to MEENA be adopted for the year commencing 21st March, for the twelve months ending next year March 20. The Lunar month begins about the 11th of the Gregorian month. In this month Karthik, the full moon occurred on the 5th instant in Karthik group, Pleiades. The Agrahayana full moon occurs on 5th January in the small Triangular cluster in Mrigasiras.

CYPRUS AND NATO

By R. S. Sankariar

The BBC stated that UK has to consider her obligations to NATO when dealing with the demand of the Cypriots for full independence. The implications of NATO may not be generally known. I mention a few of the very vital aspects, as conceived by the chief NATO-powers USA and UK.

The NATO defensive is a combination of defence and deterent offensive. The latter is by far the most important. If the deterrent offensive destroys the offensive potential of the enemy, then, the actual defenses on the territory of the NATO powers, may never be called into operation. The enemy would have been crippled in his own territory.

Therefore, the USA has encircled the frontiers of the Socialist European States, with an offensive ring of about 330 bases of which about 100 are air bases. They are fully equipped and stocked with the most modern weapons of destruction and kept always in combat readiness to act within a few minutes of call.

In a major war, Cyprus as an air and missile base is (1) only 1500 miles from Moscow and (2) 1000 miles from Baku, the Soviet oil centre, (3) 900 miles from the Soviet Industrial centre ROSTOV on the Don, (4) 2000 miles from the Soviet heavy industry centre SVERDLOVSK, and (5) 800 miles from the Rumanian oil fields.

Therefore the fate of Cyprus is closely linked with the fate of NATO. If (1) as a result of growing belief in the trustability of Soviet declarations that it will never start a war of aggression and (2) the slowly growing realisation of the futility of relying on force to accede the East European Socialist States from their attachment to the Soviet Union, the west European members of the NATO decide (1) not to allow USA to locate on their territory weapons headed with nuclear A and H bombs and (2) to expand trade relations with the Socialist States, then, UK will be released from the obligation to keep Cyprus available as an air base from which to launch A and H bomb attacks on the enemy cities and industrial centres. As to Turks, there can be evacuation and compensation, as was done after the first world war when the Greeks were evacuated from Asia Minor. Greece may start the pacific move by leaving NATO. All BENELUX may follow the lead.

After the loss of Suez, Cyprus ceased to be of any strategic importance to UK. That is probably the reason why they have shifted their base from Cyprus to Aden. The situation in Yemen has caused it. In these circumstances, UK is interested in Cyprus mainly on account of NATO. If NATO ceases to be an instrument of converting the cold war into hot war, UK may readily grant Cyprus independence.

After Baghdad conference Dulles has pressed Turkey to make the Turks of Cyprus effect a division of Cyprus, and then make the Turkish part of Cyprus, a USA missile base. In the NATO Conference in Paris in December, Turkey agreed to USA having missile bases in Turkish territory. Thus, even if UK enters into mutual nonaggression treaty with the Soviet Union, USA will still have a base in Cyprus, within striking distance of Moscow, and free of the obligation to secure UK consent for such use. As Britain, there is such a condition. Cyprus is far nearer to USSR than Britain.

THE EPIC OF THE ANKLET

By K. S. Ramaswami Sastriar,
Retd. District & Session Judge.

BOOK I—PUTHRAR

(Continued from last issue)

Canto VII—Sea-Songs

Another Song

" O cruel evening! You have caused great harm
To lovers doting on the words of love
The false one went and broke his uttered vows
Ah! lost is my life's fleating heavenly charm."
While thus the duet charmed the ears of all
There was enkindled ire in Kovalan's heart
He thought that Madhavi was false to him
And homeward went. And she felt sudden grief
And sad at heart. She took her homeward way.

Canto VII—The coming of Summer

King cupid with his youthful comrade Spring
Held away from Venkatam unto the sea
At Comorin. The fragrant southern breeze
Announced the coming of the god of Spring.
The trumpeter of Cupid's forces strong
The cuckoo—sent its fluting calls of love
And gave command that all endowed with life
Put on a dress befitting in Durbar ways.
Fair Madhavi went to the top-most tower
And wore sandal paste upon her frame
To cure the burning fever of her soul.

She played upon her flute and sweetly sang
Then she upon her garland's petals wrote
With lotus stalk dipt in the rod lac ink
Her music to her loved Kovalan.
She wrote therein. "Spring rules the world
And brings together sundered hearts and hands
The moon doth cause the lovely lovers pain"
She through her maid fair Vasantamala
The missive sent unto her Kovalan.
He said: "Her songs and dances charming all
Befit the fickle hearts of dancing girls."
And Madhavi who heard the cruel message said:
"He may tomorrow come" and sat in grief.

Canto IX—The story of the Dream

The sun went down. The youthful maidens fair
Lit golden lamps in worship of the gods
At home. One day fair nalati had fed
Her step child but it got hiccough and died.
She took the corpse from shrine to shrine and prayed
For help but no help came. And then she hied
To Sattan's shrine. But there a goblin came
And snatched the corpse. She thereon cried for help.
God Sattan then assumed the child's fair form
And she took gladly home the child divine
He grew up and then married Devandi.
One day he showed his form divine to her
Commanding her "Worship at my shrine"
Then he disappeared. And she swiftly went
Upto his shrine and worshipped there from day to day.
One day she prayed to him "Show grace, O Lord!
To tearful Kannaki". But Kannaki
Replied to her: "What if my lord returns?
My heart is heavy as a dreadful dream
To me came bringing grief. For he and I
Resumed, went hand in hand to some great town
And there he fell unjustly hurt. Then came
A great calamity into the town."
And Devandi replied: "This grief has come to you
As you your vow did not perform alright.
Go to the spot where gentle Kaveri her lord
The sea doth meet, and bathe in two tanks there.
Then you and your beloved lord will come
Together and will live in union sweet.'
And even then a maid brought Kannaki
The happy news that Kovalan had come.
He prayed for pardon at her gentle hands
And said: "By my unproper lewd desires
I have lost all my wealth. Forgive me, please."
Thereon she said: "O take my anklets bright"
And he replied: "Let me sell them and win
Abundant wealth by trade. To Madura
Tomorrow, we shall go ere dawn". Thus spake
Kovalan and went to meet his doom.

Canto XI.—The Pandyan Hand

Thus Kovalan and Kannaki ere dawn
Went on the road to golden Madura,
And left their city with its temples great
Of Vishnu, Indra and Thathagata.
They worshipped at the moonstone jaina shrine
Beneath the great red blossomed Asoka tree
The great renouncers pure in food and word
And thought with restrained senses worshipped there.
They then passed on through shady avenues
To where Saint Kavandi in penance lived.
She said: "Shall along with yourselves go
To Madura. The way is long and hard."
She took her begging bowl and peacock plume
And went with them.
They saw the Kaveri
Come rushing from the wind swept heights of Coorg
To meet the sea. They saw the lotus blooms
In tanks. They saw the golden sheaves of corn.
They heard the sweet hilarious rural songs,
Nor felt the fatigue of their long travail.
They walked one *Katham's*[1] distance every day
And thus they reached Srirangam full of groves.
Then came a Jaina sage and met them there
And they obeisance rendered unto him.
He said: "Our Karmic destiny will sprout
And flower and bring its frutage sweet
And sour. None from the prison bars of life
Can go unless he wins His saving grace."
Then Kavandi said: "I shall the message hear
Of him who has well vanquished inner foes.
My tongue but Kama's victor shall adore
My eyes will see but him and rules himself
My frame will bow before the Lord alone.
My palms in adoration join to bless
Him who the Dharma doth to all proclaim.
My head will wear no flowers except the feet
Of him who walked on flowers. My mind
Will think on nothing but His sacred words."
Then Kavandi and Kovalan and Kannaki
Crossed Kaveri by boat and went along
There came a frivolous hair who jeering asked;
"Who are this pair!" And Kavandi said;
"They are my loving children. Go your way".
The jeering man then asked; "O! Is it so?
Can children of a single parent wed?"
And Kavandi then cursed them: "Revile
And reap the fruit. Become jackals and howl."
The jeerers then ran howling as jackals;
Then Kovalan and his pure Kannaki
Prayed Kavandi to show the jeerers grace;
She said: "Twelve months they must remain like this
And then shall they their human form regain".
Then they thus talking reached great Urayur.[2]
Bright like the Sun who blossoms in the morn
And like the Moon in night will live Puhar
With moat as floral wreath aspiring far
With fame to distant ages yet unborn.

Book II

MADURA

Saint Kavandi, Kovalan, and Kannaki,
Left Urayur ere dawn and reached a grove
Where they a learned brahmin met. He said;
"I come from Western Hills with pilgrim feet
I went and saw the lord in island shrine
And in his mountain shrine in Venkata"
They asked him for the route to Madura
He told them: "Summer has now parched the way.
Go south and reach the Saravana cave
A radiant lady will appear there
And ask: "What is the joy of present birth
And of next birth and what is deathless joy.
If you reply this cave will open wide."
She is Varottama. And she will show
The three pure tanks where bath will surely bring
Great joy if we utter the *mantras* pure.
And praying to the lord upon that will
Go forth to Madura. Kavandi said:
"We need not go towards that holy cave:
Non-injury and truth will surely bring
True happiness; You go with pilgrim feet.
We go our way;
They went in joy along

(*To be Continued*)

[1] Katham = four times hearing distance, i e., about ten miles.
[2] Urayur was the capital of the Chola King.

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